



**Warning Signs for parents that your son or daughter *may* have a gambling problem:**

- Says gambling is one of the best ways to make easy money.
- Gambles with money that is supposed to be used for something else (i.e. lunch, bus fare, etc.)
- Experiences mood swings and feels stressed when not gambling regularly or trying to reduce gambling.
- Promises to stop or reduce gambling but has trouble following through with plan.
- Withdraws from friends and family.
- Borrows or steals money or valuables from family members or friends.
- Displays unexplained large amounts of cash and other material possessions.
- Spends unexplained time away from home, work or school.
- Gambles to escape worries, frustrations, or disappointments.
- Drops out of or reduces activity in sports, clubs or other usual activities.
- Sells personal belongings.
- Brags about winning.
- Starts to place larger and more frequent bets to maintain interest and excitement produced by gambling.
- Lies or is secretive about gambling activities.
- Keeps on gambling trying to win back lost money.

It is important to note that an individual with gambling problems will not necessarily exhibit all behaviors.

**If you think your son or daughter may have a gambling problem, consider making an appointment with a state-funded problem gambling counselor to discuss the issue.**

**For free confidential information and referral  
regarding a gambling problem, call**

**1.800.NEXT.STEP (1.800.639.8783) or**

**[www.problemgambling.az.gov](http://www.problemgambling.az.gov)**